



DANCERCISE

SESSION 1 (WINTER)

For: Adults, 17 and older
Day: Thursdays
Dates: January 28 - March 25
No program 2/18 (8 classes)
Time: 7:00 - 8:15pm
Fee: \$80, non-residents add \$10
Location: Gym, Robert K. Finn Ryan Road School
Instructor: Lynne Smith

SESSION 2 (SPRING)

For: Adults, 17 and older
Day: Thursdays
Dates: April 15 - June 10
No program 4/22 (8 classes)
Time: 7:00 - 8:15pm
Fee: \$80, non-residents add \$10
Location: Gym, Robert K. Finn Ryan Road School
Instructor: Lynne Smith

Do you love to dance to amazing music from here and around the world? Do you want to experience the joy of creative expression while losing weight and becoming physically strong? Dancercise is a dynamic, fun and rhythmic cardio work-out that combines the joy of dance, the relaxation of yoga and the satisfaction of strength-building exercise. Inspiring music is used to wake the body up to the joy of movement and dance. The class will incorporate strength building exercise with hand weights and a meditative cool-down giving participants a whole body workout. We will move rhythmically across the floor to simple and joyful lead and follow dance choreography. No dance experience or expertise required, just a desire to experience celebration, fun and fitness through this upbeat movement program. Hand-weights will be used, please bring 1-6 pound weights to the program.

For more info. contact the Recreation Dept. at 587-1040, 90 Locust St. or www.northamptonma.gov/recreation

Dancercise - Winter/Spring 2010

Participants Name: _____

Address: _____
(Please Print) # street town state zip code

Home Phone: _____ Work Phone: _____ Cell: _____

Comments (allergies, etc): _____

Email (optional): _____

Emergency Contact: _____ Phone: _____

Please check the program(s) that you are registering for:

- ☐ Dancercise - Session 1 - Thursdays January 28 - March 25 (8 weeks, no program 2/18)
☐ Dancercise - Session 2 - Thursdays April 15 - June 10 (8 weeks, no program 4/22)

Fee: \$80 (non-residents add \$10)

Mail to: Northampton Recreation Department, 90 Locust Street, Northampton, MA 01060

Checks payable to: Northampton Recreation Department

Charge my(circle): Visa/MasterCard/Discover

Card # _____ Exp. Date: _____

Cardholders Name: _____ Signature: _____

For Office use only: Total Paid \$ _____ cash/check/charge Date _____ Rectrac Entered _____